



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Ziemann, Steffen

Club: Bad Langensalza

Number: 1384

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 54:35

Speed: 10.99 km/h

Running performance: 5:28 min/km

Rank in course/Total: 512 (of 686)

Rank in course/Men: 439 (of 543)

Best time in course: 29:39

Rank in category: 83(of 107)

Best time in the category: 39:41

Intermediate times

Stage score

Total ranking

| Control | Intermediate times | | | | | Stage score | | | | Total ranking | | | | |
|--------------------|--------------------|------------|--------------|----------|-------------|-------------|------------|----------|------------|---------------|----------|-------------|---------|------------|
| | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Runde | 2.00 | 10:51 | 5:25 | 67 | 3:16 | 367 | 4:49 | 2.00 | 10:51 | 5:25 | 54 | 3:16 | 311 | 4:49 |
| Runde | 2.00 | 10:33 | 5:16 | 76 | 2:36 | 422 | 4:36 | 4.00 | 21:24 | 5:20 | 54 | 5:49 | 298 | 9:25 |
| Runde | 2.00 | 10:53 | 5:26 | 83 | 2:46 | 434 | 4:58 | 6.00 | 32:17 | 5:22 | 54 | 8:35 | 308 | 14:23 |
| Runde | 2.00 | 11:09 | 5:34 | 86 | 3:05 | 440 | 5:14 | 8.00 | 43:26 | 5:25 | 54 | 11:40 | 307 | 19:37 |
| Leichtathletikhall | 2.00 | 11:09 | 5:34 | 90 | 3:14 | 460 | 5:19 | 10.00 | 54:35 | 5:27 | 83 | 14:54 | 439 | 24:56 |